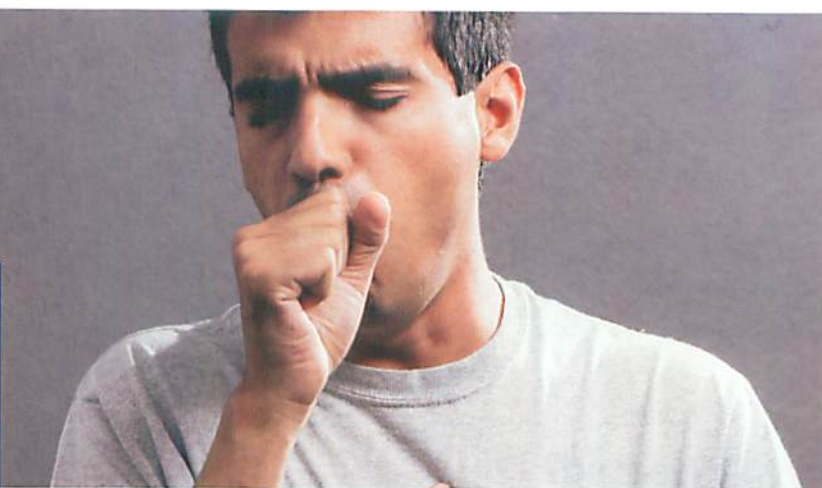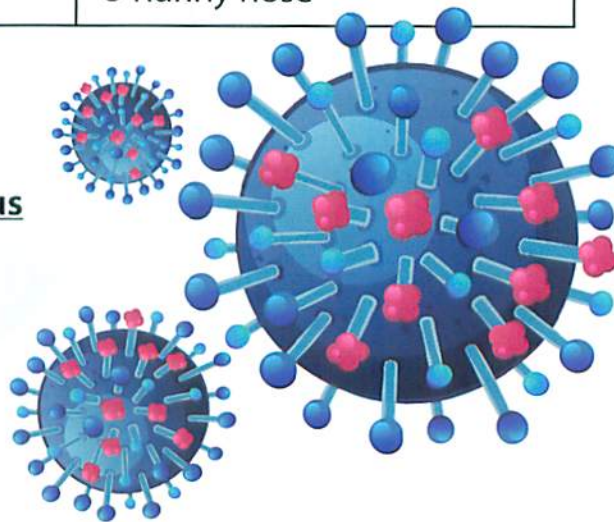# What is Acute Bronchitis?

Acute bronchitis causes airways in your lungs to swell and produce mucus, making you cough. In otherwise healthy people, symptoms can last up to 3 weeks and usually go away on their own.

What are the Symptoms?

♦ Cough with or without mucus production	♦ Mild headache
♦ Chest soreness	♦ Sore throat
♦ Feeling tired	♦ Watery eyes
♦ Mild body aches	♦ Runny nose

What causes Acute Bronchitis?

Acute bronchitis is usually caused by a **virus** and often occurs after getting a cold.

Acute bronchitis is usually caused by a **virus**

How is it Treated?

Because bronchitis is usually caused by a virus, antibiotics will not help and can make you feel worse. It can take several weeks for symptoms to completely go away. Your doctor may prescribe or recommend medicines to make you feel more comfortable while your body recovers from the illness.

Other things you can do to feel better:

- Rest
- Drink plenty of fluids such as water to stay hydrated
- Breathe in steam 3-4 times a day
- Use cool mist humidifier
- Reduce or stop using irritants such as smoking or vaping at least until coughing resides

Call your primary care provider with any of the following:

- Temperature higher than 100.4 °F
- Cough with blood in mucus
- Shortness of breath or trouble breathing
- Worsening symptoms or symptoms longer than 3 weeks